

Recommended Health Screenings for Adults by Age & Gender

Screening Type	Name of Screening	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65 and Older
Bone Health	Bone density screen (for women)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Breast Health	Mammogram (x-ray of breasts for women)		Every 1–2 years. Discuss with your doctor or nurse.	Every 1–2 years. Discuss with your doctor or nurse.	Every 1–2 years. Discuss with your doctor or nurse.
	Clinical breast exam (for women)	At least every 3 years starting in your 20s	Yearly	Yearly	Yearly
Colorectal Health	Fecal occult blood test			Yearly	Yearly
	Flexible Sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
	Colonoscopy			Every 10 years	Every 10 years

Diabetes	Blood sugar test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Eye and Ear Health	Eye exam	At least one exam from ages 20-29 and at least two exams from ages 30-39.	Get an exam at age 40, then every 2-4 years or as your doctor advises.	Every 2-4 years or as your doctor advises you	Every 1-2 years
	Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
General Health	Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
	Thyroid test (TSH)	Start at age 35, then every 5 years.	Every 5 years	Every 5 years	Every 5 years
Heart Health	Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
	Cholesterol test (fasting lipoprotein profile)	Start at age 20, every 5 years	Every 5 years if normal	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Oral Health	Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year

Mental Health Screening	Anxiety, Depression, Addiction, Eating Disorders	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Prostate Health	Digital Rectal Exam (DRE) (for men)		Discuss with your doctor or nurse.	Every 5-10 years with each colorectal screening	Every 5-10 years with each colorectal screening
	Prostate-Specific Antigen (PSA) (blood test) (for men)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health	Testicular exam (for men)	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.
Reproductive Health	Pap test (for women)	Every 1–3 years if you have been sexually active or are older than 21	Every 1–3 years	Every 1–3 years	Discuss with your doctor or nurse.
	Pelvic exam (for women)	Yearly	Yearly	Yearly	Yearly
Skin Health	Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor as part of a routine full checkup.	Monthly mole self-exam; by a doctor as part of a routine full checkup.	Monthly mole self-exam; by a doctor as part of a routine full checkup.

Immunizations

Influenza vaccine		Yearly	Yearly	Yearly	Yearly
Pneumococcal vaccine			High Risk	High Risk	One time only
Tetanus-Diphtheria-Pertussis Booster vaccine		Every 10 years	Every 10 years	Every 10 years	Every 10 years
Meningococcal Vaccine		Discuss with your doctor or nurse if attending college.			
Human papillomavirus vaccine (HPV)		Up to age 26; discuss with your doctor or nurse.			
Herpes zoster vaccine (to prevent shingles)				Starting at age 60, one time only. Discuss with your doctor or nurse.	Starting at age 60, one time only. Discuss with your doctor or nurse.

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